

# NEED HELP WITH FINANCIAL MATTERS?



## MAKE THE MOST OF YOUR MONEY

The Military and Family Life Counselor (MFLC) Program includes Personal Financial Counseling (PFC) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

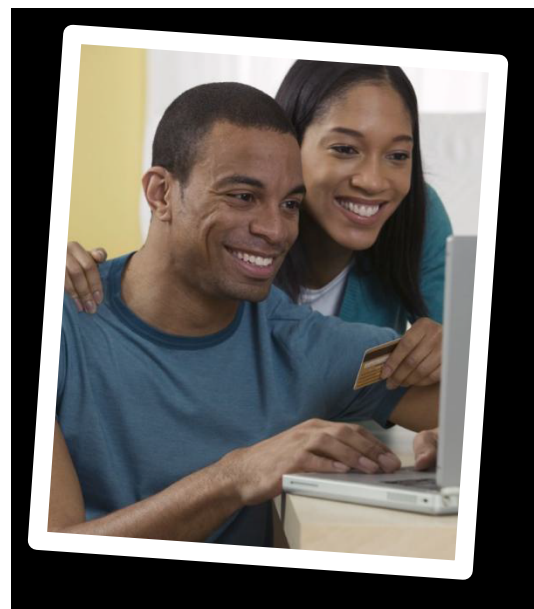
### SUPPORT AND COUNSELING SERVICES

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members during deployment
- Help with credit management and budgeting
- Help navigating benefits



### TRAINING AND WORKSHOPS

- Before You Take Off – Financial Planning for Deployment
- Making Ends Meet – Developing Your Spend Plan
- Dream Big, Plan Now – Making Your Ideal Retirement a Reality
- Saving and Investing – Simple Tips to Secure a Strong Financial Future
- Take Control of Your Finances – Avoid Drowning in Debt and Borrow Wisely
- Stretching My Money in a Tight Economy
- You've Earned It: Making the Most of Your Military Benefits
- Home Sweet Home – Strategies for Home Buying
- Financial Jeopardy – Credit & Debt Management
- Thrift Savings Plan
- Tax Preparation



PFC services are no cost, private and confidential.

Contact is: Brian Lomax, AFC/ PFC

Email: [PFC.VA.ANG@zeiders.com](mailto:PFC.VA.ANG@zeiders.com)  
Mobile: (703-635-9853)

Military & Family Life Counselor Program

**MFLC**